

GULF DEFENDER



Vol. 64, No. 4

Tyndall Air Force Base, Fla. *Gulf Defender*

Jan. 28, 2005

In brief



It's Mardi Gras time

Mardi Gras is coming to Tyndall Feb. 4. There will be a parade at 4:20 p.m. and festivities at the Officers' Club at 5 p.m. The event is open to all ranks and cost is \$12.95 for members and \$15.95 for non-members. For more information, call 283-4357.



Flu mist now available

Flu mist is available for active duty members, dependents and civilian employees from 7:30 a.m. to 4:30 p.m. at the immunizations clinic.

For more information, contact Capt. Karen Kramer at 283-7160.



Tsunami relief fundraiser

Tyndall Elementary School will hold a bake sale, garage sale and carwash at the school from 10 a.m. to 2 p.m. Saturday. All proceeds will benefit the tsunami victims.

The ORI is coming ...



... 142 days and counting



Lisa Norman

Hold still, please

Second Lieutenant Jasmine Bobbitt, 95th Fighter Squadron director of intelligence, scans 325th Aeromedical-Dental Squadron Bioenvironmental Engineering journeyman Senior Airman Rebecca Carey's clothing for possible chemical agent contamination with a chemical agent monitor. Both Airmen participated in this week's exercise, which tested Airmen's response skills in a variety of scenarios.

DOD boosts post-deployment health program

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced Monday the implementation of a new clinical program to assess the health of servicemembers three to six months after redeployment.

The program will focus on providing support to those needing assistance with post traumatic stress disorder, psychological and social readjustment issues.

Additionally, the program expands the range of care offered to servicemembers through the pre- and post-deployment health assessments, begun a few years ago and expanded in 2003. These assessments are screening procedures to gather health information from deploying and returning service members that aid communi-

cation with a healthcare provider, and assist in evaluating a servicemember's health.

"This new initiative is designed to assist servicemembers who have returned from areas of combat operations to ensure their health and well being," Dr. Winkenwerder said. "The thrust is to bring them in and ask, 'How are you doing?' 'How is your family doing?' 'Are you having stress or adjustment issues?' 'How can we help you?'"

Dr. Winkenwerder noted the need for such attention and support in the time period of weeks to months after return. The assessment will consider the overall health of the returning servicemember, with emphasis on mental health and readjustment.

Current data show only a small percentage of individuals report problems immediately following deployment.

"In some cases, servicemembers may have concerns, but, understandably, want to go home," he said. "Some two to three months later or more may experience health issues and adjustment problems, but may be reluctant or not know how to seek help."

We have the capacity and the desire to manage these issues proactively," he said. "And, it is the right thing for us to do. With this new disciplined and caring process we intend to remove stigma and reach those needing support. Importantly, we also will be implementing this pro-

gram for members of the Reserves and Guard, and expect that through our partnership with the Veteran's Administration, and our own Tricare program, we will be able to provide the services."

Dr. Winkenwerder directed implementation of the program by early spring 2005. A working group is preparing policy and protocols for a smooth implementation. The working group includes representatives from the offices of the military services' surgeons general, family services teams, the National Guard Bureau, Reserve Affairs, the Armed Forces Epidemiological Board and other military medical organizations.

(Courtesy of the Office of the Assistant Secretary of Defense Public Affairs)

Equal opportunity a cornerstone of Tyndall's mission success, morale

THOMAS E. CHATMAN
Equal Opportunity Program director

Tyndall's Equal Opportunity Program office is here to facilitate the resolution of complaints between employees and their peers, supervisors and commanders through alternative dispute resolution techniques as an alternative to both litigation and administrative proceedings whenever appropriate.

The 325th Fighter Wing commander and command chief master sergeant were recently provided an assessment of the human relations climate, which mandates semi-annual reporting to the commander.

The results of the assessment indicate more than 85 percent of the individuals surveyed felt that leadership would address concerns if brought to their attention. The assessment further indicated

that motivation, pride, and peer relations were at an all time high.

As a result of the semi-annual assessment the EO office recommends that supervisors provide mandatory and necessary feedback to keep employ-

ager, or supervisor, make sure you fully understand the duties involved in employees' work and what you expect to accomplish.

It is always difficult to address problems in the workplace. However, it is also a

those rules, the employee has created the reason for different treatment, not you. When in doubt, list the behavior that causes concern, and why it is a problem at work, specifically identifying the negative impact on job performance and conduct.

After assuring yourself that your concern is purely based on meeting mission requirements, then determine what changes you need to bring about.

It is everyone's challenge as we travel through life to avoid discrimination and remain open minded enough to see each situation we encounter for what it really is.

Decisions can be the landmark of any individual's career. What you do about the problems and opportunities you encounter in your job today has a cumulative and often comprehensive impact on your reputation and success.

“Decisions can be the landmark of any individual's career. What you do about the problems and opportunities you encounter in your job today has a cumulative and often comprehensive impact on your reputation and success.”

THOMAS E. CHATMAN
Equal Opportunity Program director

ees aware of their expectations, and how it relates to their performance.

The EO office serves as Tyndall's subject matter expert, and helps people understand how the laws apply and to whom they apply. If you are a new commander, man-

normal part of supervision and, like all problems, the sooner workplace problems are cleared up, the better it is for all involved.

Equal employment does not mean equal results. If an employee engages in violations of work rules while others follow

aired specials on what was going on.

I remember footage of those first blasts and our troops going in. I remember the president coming before the American people several more times. But most of all I remember the news media's footage of Iraqi citizens.

In interview after interview you heard Iraqi men and young boys degrading Americans. The news stations showed footage of Iraqi men protesting our help and attacking our people.

Now, I'm not saying that this type of belief isn't felt by some Iraqi citizens. I am fully aware it is the belief of some

that Americans are bad people and have no business in Iraq. If this were not the case then the Airmen, Soldiers, Marines and Sailors who made the ultimate sacrifice while serving in Iraq instead would be at home with their families right now.

But I can't help but believe that they fought for a good cause and that their efforts are appreciated by many Iraqi citizens.

As Americans we understand the importance of freedom. And that is our "good cause" — to share freedom with

• SEE OIF PAGE 18

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander



OIF cause understood by many Iraqis

STAFF SGT. LINDSEY MAURICE
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq (AFPN) — I vividly remember the day when President Bush first declared that American troops were going into Iraq. I remember the incessant news coverage of some Iraqis' negative comments about the war and about Americans. But my recent arrival in Iraq has shown me the side of Iraqis that the media ignored then.

On that first day, the war was the lead headline in every paper, the lead story on every news channel. MTV even

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety Day spawns plans, projects at Tyndall

1ST LT. ALBERT BOSCO
325th Fighter Wing Public Affairs

When Tyndall Airmen spoke during the Jan. 3 Air Education and Training Command Safety Day, 325th Fighter Wing leadership listened and several changes are occurring throughout the base as a result.

"I met with our group commanders after Safety Day concluded to find out what the major safety concerns were within the wing," said Brig. Gen. Jack Egginton, 325th Fighter Wing commander. "From that meeting, I learned we have a lot of safety-smart people at Tyndall."

Coined 'the fruits of safety day,' General Egginton and senior leaders at Tyndall took the inputs from around the wing and

placed them into categories: issues that could be immediately resolved; issues that can be resolved in the short term; and issues that will need additional funding and resources to address.

"It's the 'low-hanging fruit' we're able to immediately grasp and fix," General Egginton said. "Safety is critical to our mission, and that's why I want to take care of all issues as quickly as possible."

Armed with a new safety motto,

"Staying alive in 2005," the 325th Mission Support Group has taken the lead on a variety of safety-related improvements including installing new crosswalks, lights, signs and improvements to the base track.

According to Col. Martin Sayles, 325th MSG commander, the installation and improvement of Tyndall crosswalks tops the list of projects. He said the group is currently working on installing a flashing crosswalk sign near the base track due to the high volume of foot traffic in the area. Additionally, a new crosswalk

is planned for Suwannee Road between the 325th Communications Squadron's annex and headquarters facilities. He added other locations are being considered for future implementa-

tion.

"The remainder of crosswalk locations recommended by various base agencies during Safety Day, along with other traffic issues raised, will be evaluated by the traffic working group and will forward recommendations to the 325th FW commander for approval," Colonel Sayles said.

In addition to the crosswalks, joggers and drivers alike will soon benefit from

a project to construct much needed light along the jogging path of Beacon Beach Road from the Skeet Range extending to the Wood Manor housing area. The project was funded at the end of fiscal year 2004 and should be completed by April.

Tyndall motorists may have already noticed a project recently completed at the Tyndall, Illinois and Saber Gates – the addition of signs showing statistics for driving under the influence as well as the number of Airmen Against Drunk Driving saves. Previously, there was a lone sign posted at the Saber Gate, but Colonel Sayles said he hopes the addition of the new signs will increase awareness as well as showcase a vital Tyndall program.

"Hopefully the signs will highlight the outstanding work AADD is doing to prevent DUIs as well as cause a potential drunk driver to use the service more readily," he said.

But changes aren't only occurring inside the base gates. The 325th Civil Engineer

Squadron is working with the Florida Department of Transportation to review various locations on U.S. Highway 98 in order to develop a plan to alleviate some of the traffic that plagues morning drivers entering the base gates.

Colonel Sayles also said the summer months will see a welcome addition to the base track as a project to add a water fountain and mister system will soon be underway.

"The mister, similar to those used at theme parks, will help reduce dehydration and potential heat-related illnesses such as heat exhaustion," he said.

"It's the 'low-hanging fruit' we're able to immediately grasp and fix. Safety is critical to our mission, and that's why I want to take care of all issues as quickly as possible."

BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander



Airmen 1st Class Sarah McDowell

Master Sergeant John Volpi, 325th Communications Squadron NCO in-charge of cable and antenna systems, uses the new crosswalk between the 325th Communications Squadron headquarters and annex buildings. The new crosswalk is one of several projects the 325th Mission Support Group is heading up based on Airmen's inputs from Safety Day Jan. 3.

ON
THE
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How are you preparing for the annual fitness test?



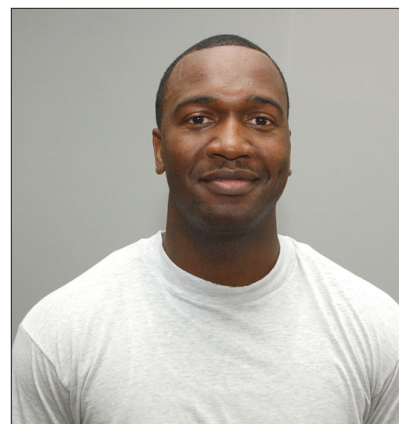
"I run three times a week."

TECH SGT. RONALD PANDULLO
43rd Aircraft Maintenance Unit



"I work at the NCO Academy and run three times a week with the students."

SENIOR AIRMAN REBECCA BOBICK
Tyndall NCO Academy



"Praying to God to make me dedicated to come to the gym every day."

STAFF SGT. FREDERICK WHITE
325th Communications Squadron



"I'm in charge of the running team on base, so primarily I run and lift weights."

2ND LT. ERIN FAGER
325th Services Squadron

Tyndall Airman dances her way to world championship

AIRMAN 1ST CLASS SARAH McDOWELL
325th Fighter Wing Public Affairs

A Tyndall Airman has recently earned the title “world champion.”

Master Sgt. Tammy Jankowski, the 325th Operation Group’s command section superintendent, danced her way to the top by becoming the 2005 Country Dance Crystal Novice World Champion, at a competition Jan. 15 in Nashville, Tenn.

For six days Sergeant Jankowski competed against internationally renowned instructors and their students for the title by competing the Cha Cha, the Waltz, the 2-Step, the East Coast Swing and the West Coast Swing. She took first place in every dance, and went on to claim the world title.

She recalls when the competition was coming to a close and there were only two contestants left, “One of the girls I roomed with, looked at me and said, ‘now it is down to just you and me,’ and then I heard the judges call her name as runner up and I went into shock because I knew I had won the title.”

But, unlike much of her competition, who have background experience in ballet or jazz dancing, Sergeant Jankowski has not been dancing like this all her life. In fact, she has

only been dancing for five years.

“It just comes natural,” she said, “When I first learned to country dance, I was at Charleston Air Force Base, S.C., and a good friend of mine got me into line dance lessons. I didn’t really like country music at the time, but he talked me into it.”

She also gives credit to her current instructor, Daniel Law, who is based out of Tampa. During the Pro-Am competition, in which an amateur is paired up with a professional instructor, she danced with Mr. Law, but only she was graded.

“The instructor you compete with and how well the judges know him is really important,” she said.

During the weeks leading up to the competition, she said she had to take a lot of leave to visit her dance instructor once a week in Gainesville for lessons, but the operations group was understanding and are definitely proud of her accomplishment.

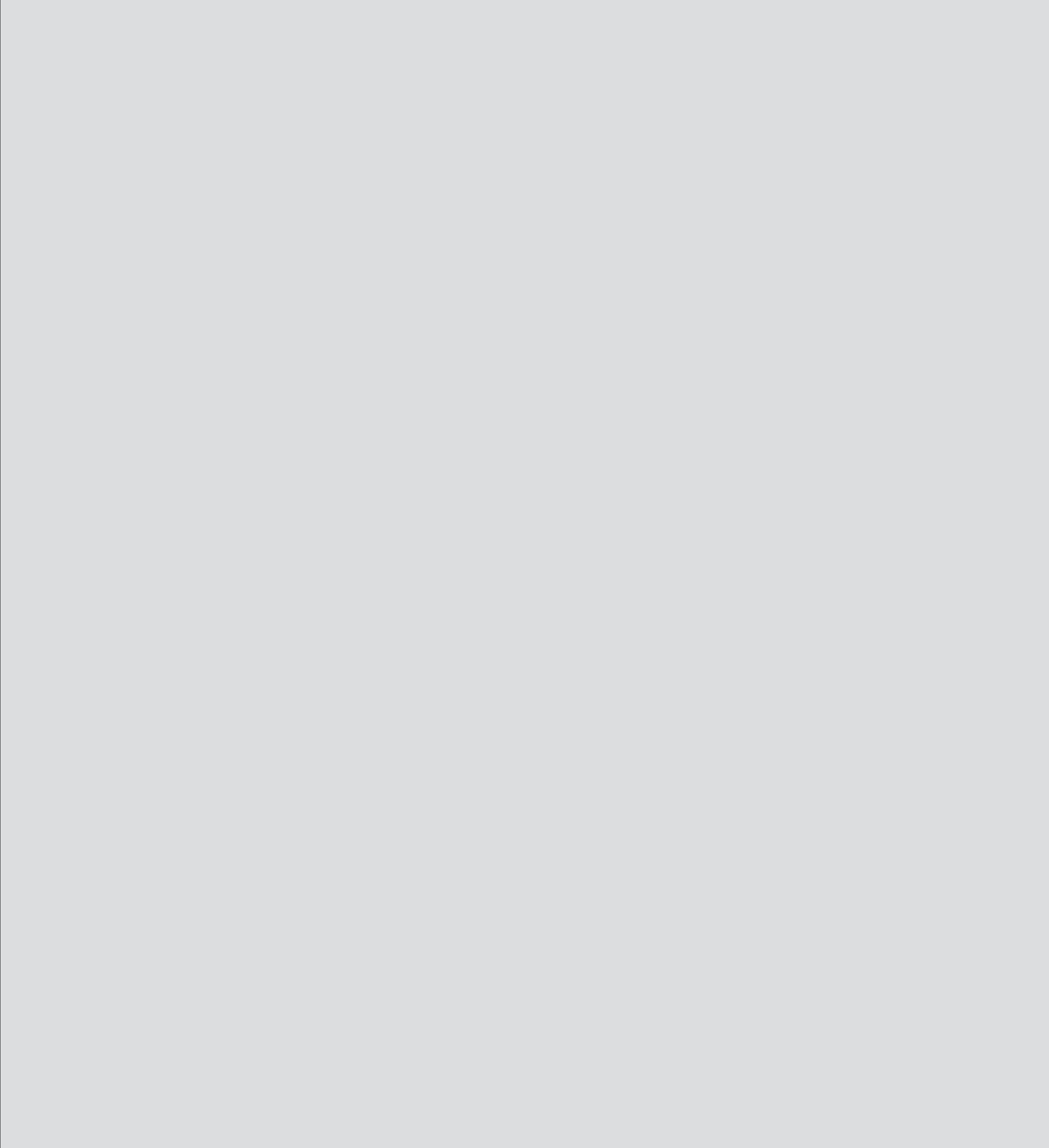
“We are really proud of Tammy’s victory,” said Col. Timothy Merrell, 325th OG commander. “I think she is the only world champion I know personally. She worked hard to get to that level and I am glad she got the recognition she deserves.”



Lisa Norman

Gotcha covered ...

Airman 1st Class Yhan Montoya, 325th Civil Engineer Squadron firefighter, practices rush-and-roll techniques during an M-16 refresher course at the Tyndall cantonment area Tuesday during exercise Crown Royal 05-01.



U.S. military ops reach new levels of 'jointness'

JIM GARAMONE

American Forces Press Service

BAGHDAD, Iraq (AFP) —

Servicemembers joining the military today are not joining just the Army, Navy, Air Force or Marine Corps — they are joining a truly joint force.

The American military has reached unprecedented levels of joint operations in Operation Iraqi Freedom, military officials here said.

“When I joined the Army, you seldom even saw a member of another service,” said Brig. Gen. Carter Ham, commander of Joint Task Force-Olympia based in Mosul, Iraq. “Now I have platoons go out, and they may have a Navy SEAL with them, an Air Force forward air controller and Marine air providing air cover. And the young lieutenants and sergeants think that’s normal.”

Multinational Force-Iraq officials

said there have been few breakdowns in communication among the services.

“We do train as we fight,” an official said. “In instances where systems do not speak with each other, we have come up with ‘workarounds.’ This can be as simple as a new command or as complex as designing a software patch.”

The important thing is these (solutions) were developed well before we arrived in Iraq,” he said. “We could see the writing on the wall and trained together . . . in joint exercises.”

The United States has engaged in joint operations since the Mexican-American War. For example, Sailors delivered Soldiers to Veracruz and helped them take the fortress. In the Civil War, “riverine navy” operations in the West helped the

Union take Forts Henry and Donelson and the bastion of Vicksburg. During World War II, Army, Navy and Army Air Forces cooperated in amphibious invasions. And during the 1991 Gulf War, all services cooperated.



Lisa Norman

But even in 1991, the services “deconflicted” the battlespace. This means, for example, that commanders assigned Soldiers a sector and Marines a sector, and they conducted operations separately.

Today, advances in communications, situational awareness and familiarity with each other's tactics, techniques and procedures enable U.S. forces to work closely together.

“They really are inseparable now,” General Ham said.

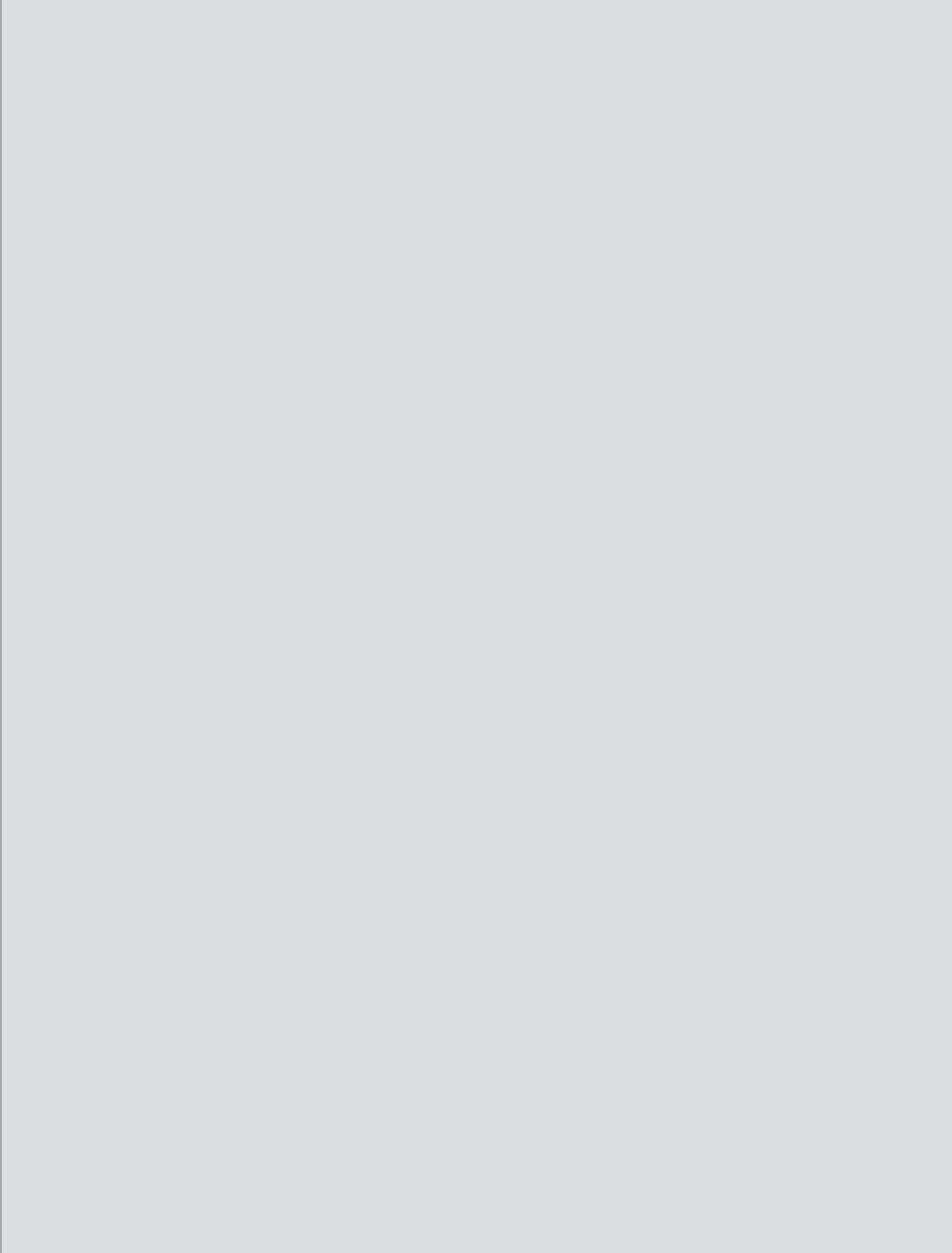
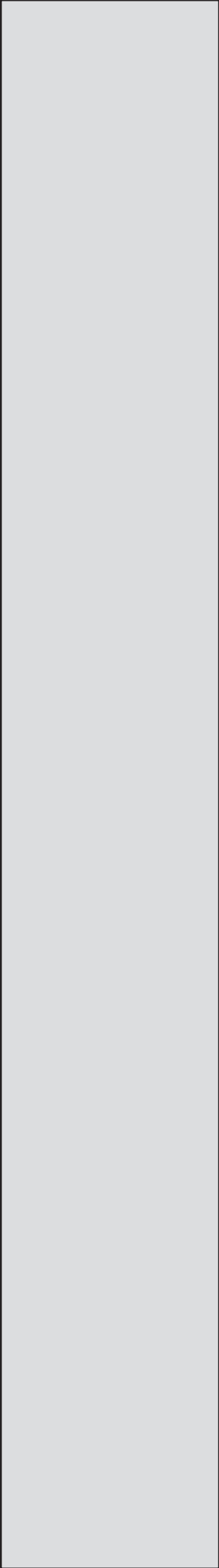
On the staff level, the higher headquarters have troops from all services. At the corps and Multinational Force-Iraq level, servicemembers of all branches work next to and with each other. At the division level, there are other servicemembers, but Soldiers or Marines predominate. At brigade and battalion level, there are aviation special-

ists and liaison officers as needed, officials said.

Special operations forces also are integrated into most plans in this theater. Searching for insurgents and training the Iraqi military are at the core of special operations capabilities, an official said. They work independently, but often are supported by more conventional forces. For example, conventional forces may cordon off an area while special operations forces go in to kill or capture an insurgent.

In training, the special operations forces train small numbers of Iraqis to then go back and train their own countrymen. American servicemembers are working together in ways past generations of Soldiers, Sailors, Marines and Airmen could not have imagined.

It is a case of the whole being greater than the sum of its parts, officials said.



AFAF helps Airmen care for their own

RANDOLPH AIR FORCE BASE, Texas – The Air Force Assistance Fund “Commitment to Caring” campaign runs Feb. 14 - May 6 asking Airmen to contribute to any of the four official charitable organizations of the Air Force.

The charities benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses, and families. This is the 32nd year of the fund drive. Charities receive 100 percent of designated contributions.

“The need for (Air Force Aid Society) assistance remains strong,” said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer. “Last year, the Air Force Aid Society helped more than 30,000 Airmen with \$21.1 million in assistance — that is a lot of help!”

“Contributions are vital for the so-

ciety to sustain this kind of help; it is truly an Airmen-helping-Airmen program,” General McGinty said.

The chief of staff of the Air Force recently announced a \$5.4 million goal. Last year Air Force people gave \$6.7 million to the fund.

People can contribute through cash, check, money order or payroll deduction to the Air Force Aid Society, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and secure retirement homes for widows or widowers of Air Force in need of financial assistance, said Senior Master Sgt. Thomas Pieknik, Tyndall’s primary project officer.

Tyndall’s campaign fund drive runs from Feb. 15 – March 29. During that time, donations will be collected by group and unit project

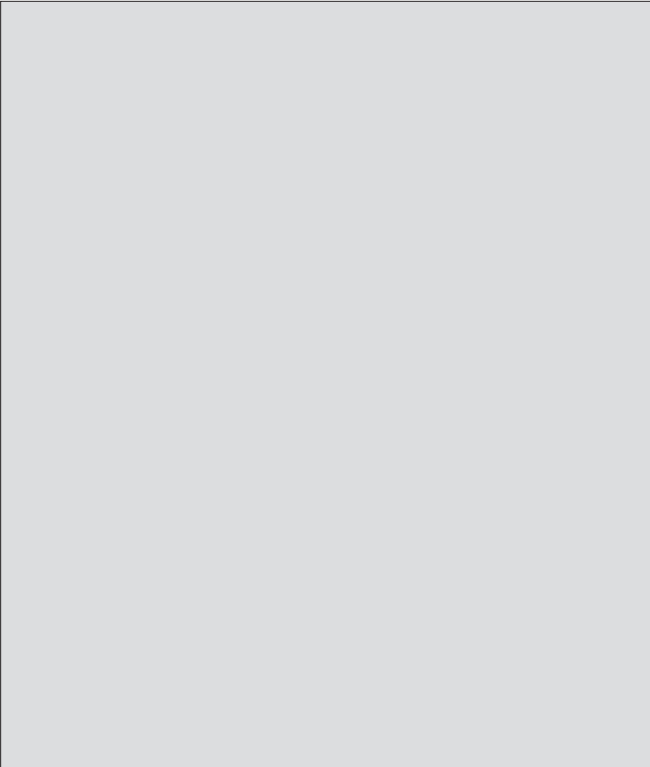
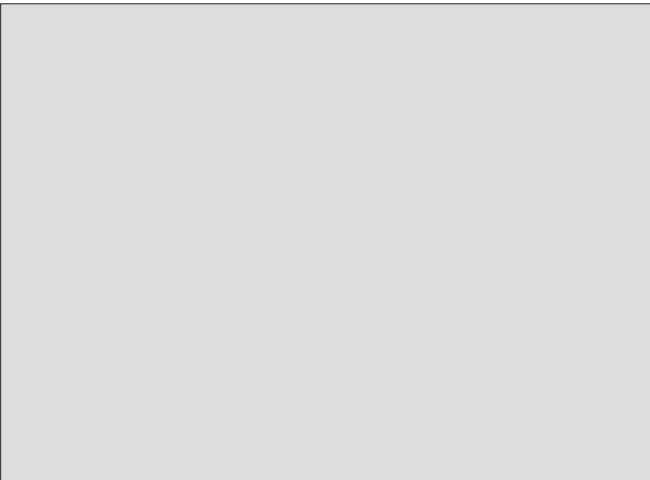
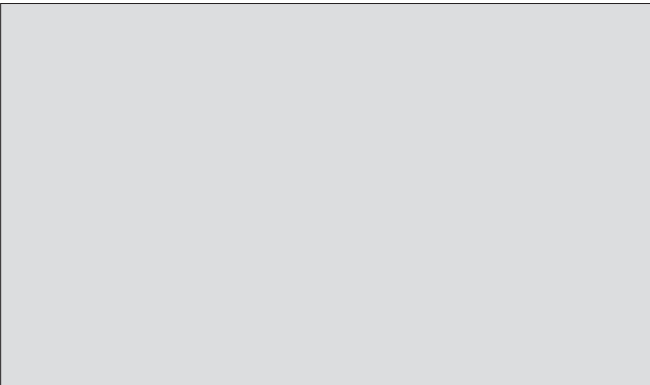
officers and turned in on weekly basis.

“There will be various opportunities to donate,” Sergeant Pieknik said. “Volunteers will make 100 percent contact within each unit and will also set up booths at the BX during that timeframe.”

Tyndall is in need of volunteers to be unit point of contacts. The first meeting for volunteers will take place at 9 a.m. Feb. 7 in the 325th Fighter Wing conference room.

For more information on the fundraiser, visit <http://afassistancefund.org> or the Air Force Personnel Center’s Voting and Fundraising Web site at www.afpc.randolph.af.mil/votefund.

(325th Fighter Wing Public Affairs contributed to this story)



Checkertail Salute

Airman 1st Class Scott Henricks



Airman Henricks receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The Checkertail Clan salutes Airman Henricks, who is a valuable member of the munitions flight. Airman Henricks is a key player in the receipt and storage of 92,000 countermeasure flares valued at \$3.8 million. He inspected 142 weekly munitions movement control cards and corrected five discrepancies. Airman Henricks was also hand picked to participate in William Tell 2004, supporting five major commands. His performance directly contributed to 219 successful sorties.

Duty title: 325th Maintenance Squadron Munitions Systems Storage crewmember

Time on station: Seven months

Time in service: One year, 11 months

Hometown: Crystal Lake, Ill.

Hobbies: Running, volleyball

Goals: To give 100 percent effort every day

Favorite book: “The DaVinci Code” by Dan Brown

Favorite movie: Donnie Darko

Favorite thing about Tyndall: The people I work with

Pet peeves: Loud noises

Proudest moment in the military: Graduating from basic training

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall’s Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Tyndall, community join forces to combat storm debris on area beaches

KEN GLEASON

325th Civil Engineer Squadron

Each year volunteers from the Tyndall community gather to clean our beaches in a coordinated effort with Bay County as part of the state-wide "Florida Coastal Cleanup" sponsored by the Ocean Conservancy.

This year more than 275 people gathered Jan. 15 to show their pride

in the pristine natural resource they are so fortunate to enjoy along Tyndall's gulf shorelines. Volunteers represented a wide range of 325th Fighter Wing and associate unit organizations, as well as a group of 25 Junior Reserve Officer Training Corps students from Rutherford High School.

After an extraordinarily active 2004 hurricane season, Tyndall's beaches collected unusually large quantities of debris primarily from artificial fishing reefs washed ashore by waves and storm surge. Tires, netting, and mooring debris were strewn for miles along the beaches, creating an eyesore along this highly valued recreational resource for Tyndall families.

"We collected more than six times the weight of debris compared to the previous cleanup, with two-thirds the number of volunteers," said ChiQuita George, 325th Civil Engineer Squadron environmental engineer and organizer for the event. "The debris

weighed in at more than 7,000 pounds and was sent to the Bay County incinerator."

According to Col. Martin Sayles, 325th Mission Support Group commander, the Tyndall and local community residents who were eager to help and willing to brave the cold air deserve recognition for making this event a success.

"It was simply amazing to see the community pull together to help make Tyndall a better place to work and live," he said. "This was definitely 'Tyndall Pride' at its best. A heartfelt thanks to all volunteers who helped make this event a clean sweep!"



2nd Lt. William Powell

Volunteers walked miles of Tyndall coastline Jan. 15 to remove debris left by recent storms. Hundreds of tires were dug up and removed from the beach as part of the cleanup effort.



2nd Lt. William Powell

Technical Sergeant Scott Turner, 325th Maintenance Operations Squadron, his wife, Barbara, and Samuel Mauna, son of Master Sgt. Welton Mauna, 372nd Training Squadron, collect debris left on Tyndall's beach from area storms. More than 275 people gathered for the cleanup effort, which yielded more than 7,000 pounds of litter and debris.



Steve Wallace

The 'hot seat'

Staff Sergeant Joseph Kirk, 71st Aircraft Maintenance Unit crew chief from Langley Air Force Base, Va., checks for loose fasteners on the tail cone of a 1st Fighter Wing F-15 Eagle during a basic post flight inspection. Pilots and crew chiefs from the 1st FW were here participating in the Air Force's air-to-air Weapons System Evaluation Program, hosted by the 83rd Fighter Weapons Squadron.



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Tyndall fitness programs, equipment puts the 'f' back in fun

Airman 1st Class Sarah McDowell

Members of the 43rd Aircraft Maintenance Unit gather on the Tyndall Fitness Center football field for some stretching and warm up exercises during a fitness session Tuesday.

AIRMAN 1ST CLASS SARAH MCDOWELL

325th Fighter Wing Public Affairs

Running may serve as a primary means of fitness for most Tyndall members, but it may leave something to be desired — fun.

There are facilities and programs on Tyndall that can help people with the right information or pull a person out of their boring routine and get them on the track to long-term success, through healthy eating and creative ways to exercise.

There are also some people who do not know where to start, or have tried to become physically fit, but do not like, or have the time for, the routine.

“The biggest pitfall is not making health a priority,” said Capt. Eric Phillips, 325th Aeromedical-Dental Squadron dietitian. “Health must be a priority. Hippocrates said it best ... ‘The function of protecting and developing health must rank even

above that of restoring it when it is impaired.’”

Making health top priority is easier said than done, especially with work-weeks that span at least 40 hours, families to tend to, and maybe school to look forward to after work.

The bottom line in this age of convenience is that people need to incorporate more movement into their day. They can park further away from their destination, take the stairs instead of the elevator, go to the gym right after work, go outside and play with the kids or go skating or bowling with the kids instead of dropping them off, said Dean Fazzio, 325th ADS fitness program manager/exercise physiologist.

“Many more active duty members are doing more than in previous years as they get out with the coworkers for unit physical training and cover at least the bare

minimum of a one and a half- to two-mile run two to three days per week,” Mr. Fazzio said. “Many have also started hitting the floor to practice push-ups and tuck their feet under the couch during television commercials or between chapters to do a set or two of Air Force style crunches to ensure their Air Force fitness test score is ‘good’ or ‘excellent’.”

Motivation to stay healthy comes in many varieties, whether it is AF test scores, looking good, being able to keep up during group fitness, longevity, or an increase in energy — all are good reasons to stay fit. Just the same, exercise comes in many varieties as well.

“Not everyone benefits from the same approach to diet and exercise,” Captain Phillips said. “Some people like repetitive structure, some like continuous variety and some like a little of both. There are basic themes that are proven to benefit all routines, and they include managing eating behaviors instead of restricting food and increasing the amount of movement in their daily routines.”

Around the base there are many ways to get out and get active. There are at least 10 types of intramural sports, a variety of aerobic classes, new cardio center specialty classes (such as martial arts and belly dancing,) two gyms, and rental gear such as bicycles and kayaks at Bonita Bay to choose from. In addition, the base maintains five soft-ball fields, a flag-football field, six tennis courts, two basketball courts and a roller blade court, which are all lighted, said Lou South, Fitness Center officer in-charge.

Along with variety in exercise to stay healthy, also comes an important part of

everyday life — variety in food.

“All foods can serve a purpose, especially foods containing carbohydrates; which are fruits, milk, vegetables and starches,” Captain Phillips said. “The key recommendations for carbohydrates continue to include choosing fiber-rich fruits, vegetables and whole grains often.”

Although this advice may go against the latest trends, such as protein diets or metabolism boosting pills, which may have followers looking healthy, according to the professionals, these “diets” are recipes for short-term success.

“Fad diets are often someone’s idea of getting rich quick,” Mr. Fazzio said. “They target the general population’s extreme desire and will to become like the magazine cover model by buying in on the ‘quick scheme’.”

Education in healthy-eating habits may be the first step for some, and the Health and Wellness Center is just the place to start. The staff offers healthy cooking classes, the healthy living workshop, healthy heart class and nutritional consultants.

“The human body is made up of many compounds which require a variety of materials to be taken in,” Mr. Fazzio said. One nutritional substance can not help all people to thrive as members are different in make up and needs.”

Putting all the information together to make a complete package is what will make a healthy person.

“The secret is showing up,” Captain Phillips said. “In other words, a consistent, week-to-week, month-to-month, year-to-year, consistent commitment to common sense healthy habits is the magic pill.”



Steve Riddle

Martial Arts Instructor Cliff Kinchen, center, leads a martial arts class at the Tyndall Community Center. Martial arts is a great form of exercise, and the classes combine speed, agility and flexibility exercises to give an increased cardio workout.

On the agenda ...

Different Tyndall agencies have equipment, facilities or programs available for someone who would like to get out, and get active. Listed here are most of these services and where to call to get moving.

(Editors note: The services that have a (\$) next to them are available for a fee.)

The Health and Wellness Center:

Physical fitness

- Education for physical training leaders
- Fitness improvement briefing
 - Body composition improvement training
 - Applied strength training class
 - Relaxation chair



Dietary needs

- Healthy cooking class
- Healthy living workshop
- Healthy heart class
- Sensible Weigh II

- Nutritional consultants

Call 283-3826

The Fitness Center

Programs

- Aerobics classes
- Personal trainers (\$)

Facilities

- Five softball fields
- Football field
- Six tennis courts
- Two basketball courts
- Rollerblade court
- Pool (seasonal)

Sports

- Softball
- Basketball
- Flag football
- Soccer
- Volleyball
- Golf
- Bowling
- Tennis
- Raquetball
- Darts

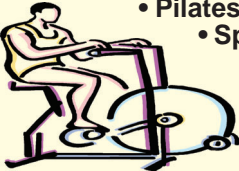


Call 283-3621

Community Center

Programs

- Pilates (\$)
- Spin bike classes (\$)
- The art of bellydancing (\$)
- American Tae Kwon Do classes (\$)



Call 283-2495

Bonita Bay

Equipment

- Skis
- Wake boards
- SCUBA gear
- Sports equipment
- Canoes
- Kayaks

Call 283-3199



Airman 1st Class Sarah McDowell

Kevin Cussro, a Bonita Bay Outdoor Recreation employee, pulls a canoe from the rack for a patron. Bonita Bay has various equipment that can be used for physical fitness. Canoeing is one of many activities not often thought of when people think of fitness, and is a great upper-body workout.



Steve Riddle

Captain Leah Tingley, 325th Services Squadron Veterinary Clinic officer in charge, leads (from left) Rhonda Piccolo, Theresa Vaccaro, and Sylvia Parzentny during Spinning class. Captain Tingley, who is a Spinning instructor, said the classes are one of the best ways to get a low-impact cardio workout. The cardio center, is ran through the Community Center. Classes offered by them are pilates, the art of belly dancing, and American Tae Kwon Do classes.



Airman 1st Class Sarah McDowell

Captain Eric Phillips, 325th Aeromedical-Dental Squadron dietitian, serves food to the participants of the Healthy Cooking Class. The class teaches students how to make great tasting and healthy appetizers, meals and deserts. The Health and Wellness center also offers classes in healthy living as well as physical fitness-specific. People who would like to participate in this class can call the HAWC.

Briefs

Wood Manor housing project

The 325th Civil Engineer Squadron will begin replacing existing water mains in the Wood Manor Housing area from now until the summer season. A letter identifying the times of periodic water outages will be placed on residents' doors prior to any known impact. This project will tentatively complete all utility replacement in Wood Manor Housing. For more information, call Huey Moore at 283-4206.

Tyndall Tax Center open

The Base Tax Center is now open until April 15. Hours of operation are from 9 a.m. to 3 p.m. Monday - Thursday. Anyone filing their taxes with the Base Tax Center must bring the Social Security cards of the family members or dependents they are claiming. The office is located in Bldg. 662, Room 170. Call 283-9192 to schedule an appointment.

Step Up Florida

The statewide relay to focus on physical activity, Step Up Florida, will be Feb. 8. Volunteers will participate in the relay by tracking mileage doing their favorite activity, be it jogging, skating, biking, or jumping rope. For specific information, or to sign up, contact Julia Ruschmann at 872-4455 ext. 1369.

OSC art auction

Tyndall Officers' Spouses Club announces the Spring Fund Raiser: an evening of art and wine tasting Feb. 11 at the Officers' Club. This art auction will feature a comprehensive selection of elegantly framed art from a variety of classic and contemporary artists. There will be appetizers and wine tasting.

The art preview and wine tasting will be at 6 p.m., and the auction begins at 7 p.m. The OSC can earn more money simply based on the number of people in attendance at 8 p.m. All are invited to attend.

Tyndall Thrift Shop annual sale

All donated clothing will be 50 percent off the entire month of February. Selections include various sweaters, coats, skirts and formal wear. The store will be open from 9 a.m. to noon Feb. 5. Normal shopping hours are from 9:30 a.m. to 12:30 p.m. Wednesday - Friday. The store is located in Bldg. 743 across from the post office.



Airman 1st Class Sarah McDowell

Laying a foundation...

John Green and Jason Peel, Pettibone contractors, finalize a portion of the new work-out stations that will be located at the Fitness Center's track here Jan. 25. Soon, Tyndall members will be able to not only jog on the track, but will have designated places to stretch, do crunches, push-ups and pull-ups.

Tigers host Commandos

The Tyndall Tigers will host the Hurlburt Field Commandos 4 p.m. Saturday and 1 p.m. Sunday. The Lady Tigers will host the the Lady Commandos 2 p.m. Saturday and 11 a.m. Sunday.

Come out and support your Tigers and LadyTigers.

For more information contact the Fitness Center at 3-2631.

Mens varsity softball team

Tentative dates for the mens varsity softball team try outs are 8:30 a.m. Feb. 12, 5 p.m. Feb 16, and 8:30 a.m. on Feb. 19, 20 and 21. Bad weather make-up dates will be announced if necessary. For more information, contact Maj. Eric North at 283-2054.

Tyndall announces 2005 open house

The 2005 Gulf Coast Salute open house and air show, "A Salute to North America," takes place here May 14-15. The Canadian Snowbirds, an internationally renowned nine-jet aerial demonstration team, will be the featured highlight, along with the U.S. Army's Golden Knights parachute jump team. Many other military and civilian aerial and

ground demos and displays will be showcased. Periodically, the *Gulf Defender* and Commander's Access Channel will provide further updates and announcements about this event. Questions about the open house can be e-mailed to: PAcontacts@tyndall.af.mil.

The Air Force Virtual Ed Center

The Air Force Virtual Education Center, at afvec.langley.af.mil, provides information about educational information and benefits. The purpose of this site is to provide students one-stop-shopping for all higher education needs. AFVEC offers a wide array of on-line services to empower students to actively participate in all aspects of their education. This service offers CLEP testing, information on Community College of the Air Force degree, application procedures for commissioning and testing for PME completion.

OSC scholarship

Tyndall Officers' Spouses Club college scholarship applications are now available for qualified college-bound high school seniors and military spouses. Applications can be picked up at high school guidance counselors office or at the Tyndall Education

Center. Deadline for application return is noon Feb. 25. For more information, call 286-1447.

Chapel Schedule

Weekly Bible Study

The Bible study "Life Without Strife" meets from 6:30 to 8 p.m. every Tuesday night at the Spiritual Fitness building by Chapel 2, in room 108.

Catholic services

Daily Mass, 11:30 a.m. Monday-Friday (Chapel 2)

Reconciliation (before Saturday Mass or by appointment)

Saturday Mass, 5 p.m. (Chapel 2)

Sunday Mass, 9:30 a.m. (Chapel 2)

Religious Education, 11 a.m. (Bldg. 1476)

Protestant Sunday services

Communion service, 9:30 a.m. (Chapel 1)
Religious education classes, 9:30-10:30 a.m. (Bldg. 1476)

General Protestant service, 11 a.m. (Chapel 2)

Sunday Night Live Service, 6 p.m. (Chapel 1)

Local band to perform

Fourth Watch will perform 6 p.m. Sunday at Chapel 2. Admission is free.

Cajun spirit comes alive at Tyndall's Mardi Gras

STEVE RIDDLE

325th Services Squadron publicist

It's time to break out the beads — the next Mardi Gras party is right around the corner.

The Second Annual Mardi Gras Celebration, hosted by the 325th Mission Support Group, will be Feb. 4 at the Tyndall Officers' Club. This year's event features a live band, Cajun-style buffet, a fortune teller and chances to win prizes that include a new DVD player.

According to 2nd Lt. Tanoa Mardis, who headed up the party committee, this year's Mardi Gras celebration is looking to be bigger than last year's.

"The whole celebration will be bigger this year because not only is it open to both club members and non-members, it's also open to all-ranks," she said. "We're expecting

an awesome party."

The celebration will begin with a morning fun run/walk at the fitness center. According to 2nd Lt. Erin Fager, Tyndall Fitness Center officer in charge, participants are encouraged to wear their costumes and beads will be available for the evening's activities.

"We thought it would be fun to have something like this to help kick off the Mardi Gras celebration," she said.

The afternoon Mardi Gras events begin at 4:20 p.m. with a pre-party Mardi Gras parade. The parade will kick off at the Beacon Beach Marina Club and will wind through

the Wood Manor Housing area to Eagle Drive turn right on Phantom Street, right on Sabre Drive and end at the Youth Center.

"We thought a parade would be a great way to kick off our whole

Mardi Gras Celebration," Lieutenant Mardis said. "And it helps get the community involved in the party we have planned at the O'Club."

Already 10 different squadrons, base private organizations, or local community groups, including the Krewe of River Rats and Krewe of Macque, have promised to have floats in the parade.

All floats will be judged, with the winner receiving \$300 towards a party for their organization at the club. Second place gets \$250 towards a party, third gets \$150 and every honorable mention float will receive \$50 for their party. Horses and riders from the Tyndall Horse Stables

and a group of local motorcycle riders will also be in the parade.

The club has reserved its entire facility for the event, and expanded the menu for this year's party. A Cajun buffet including shrimp creole, chicken gumbo, shrimp jambalaya, red beans and rice, crawfish tasso, dirty rice, and king cake will be available.

Music will be provided by J.B.'s ZydecoZoo, a five-piece Cajun music band. Along with dancing there will be plenty of games and contests, and Mardi Gras costumes will definitely be welcome.

Cost for the Mardi Gras party at the club will be \$12.95 for club members and \$15.95 for non-members. Tickets can be purchased at the club anytime between now and the day of the event. For more information, call 283-4357.



Steve Riddle

Partygoers enjoy the festivities at last year's Mardi Gras celebration at the O'Club. More than 100 people turned out for the event, and more are expected to take part this year.

Youth Center offers new program to keep kids active

STEVE RIDDLE

325th Services Squadron publicist

The Tyndall Youth Center will begin offering Air Education Training Command's new Youth Fit For Fun Force Program March 1, which is designed to help children lead a more active lifestyle and give them the chance to win prizes.

"In an effort to tie into the Air Force's new Fit to Fight physical training programs, AETC has developed a program to encourage kids ages 8 – 19 to get up and be active," said Alma Hooks, director of the Tyndall Youth Center. "Each month starting in March, we will highlight a different fitness area, such as track and field, dance, or swimming."

Ms. Hooks explained that while each month will feature a common fitness-related theme, participants are not limited to those because there is also a wide variety of other ways to get involved in the program, including individual and team activities.

"Some of the individual sports that they can participate in include archery, golf, rollerblading, skateboarding and surfing to name a few," she said. "Team sports include standards like basketball, flag-football, baseball and soccer, as well as martial arts, gymnastics, and cheerleading."

One highlight of the program, however,

is the children's ability to earn prizes for their activities.

According to the program's Web site, www.f4-kids.com, participants can earn prizes by collecting points in one of three ways: participating in official fitness events, doing and tracking daily fitness activities and answering daily fitness questions.

The site shows which fitness events are scheduled and even allows users to sign up online. Attendance is taken at the event, and the participant earns points.

The Web site also allows kids to record and track their activities, as well as answer fitness-related questions to earn points.

"The kids can log onto the Web site and take a quiz every week about healthy habits that will earn points," Ms. Hooks explained.

Along with helping participants keep track of their progress, the site features a chat room and library with a variety of articles on health and fitness.

Participants will earn a water bottle when they register for the program, and can earn visors, T-shirts and sling bags as they accrue more points. Upon earning a total of 9,500 points, participants will be entered in a drawing during a May basewide event to win an MP3 player.

While maintaining an active, healthy lifestyle is the focus of the program, know-



Steve Riddle

Tyndall Youth Center Fitness Coordinator Andy Wallace teaches football passing routes to Phillip Sutton, left, Angela Manno and Bradley Blackwell at the Youth Center's playing field. Flag football is one of many sports in which children can participate to earn points and prizes in the new Youth Fit For Fun Force Program.

ing about healthy habits is equally important.

"It teaches them about the importance of drinking fluids to stay hydrated during physical activities, the benefits of eating a piece of fruit instead of a candy bar and identifying safe areas. There's a lot of good information about staying healthy."

Participants can also record points for

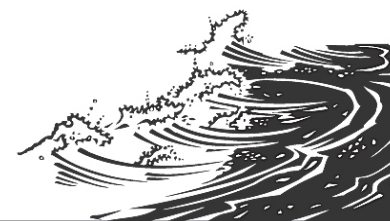
daily activities they may do anyway, like washing the car, walking the dog, vacuuming the rug, mowing the lawn, going on a shopping trip or visiting an amusement park.

"They're active anyway, so now they can get points for it," Ms. Hooks said.

For more information, log onto www.f4-kids.com or contact the Tyndall Youth Center at 283-4366.



Funshine NEWS



January 28, 2005

www.325thservices.com

TYNDALL MARDI GRAS FEBRUARY 4 PARADE

4:20 P.M.

STAGING FROM THE MARINA CLUB

Pre-party parade:
4:20 p.m.
Wood Manor
Housing



Free Entry. Military organizations
(& private orgs) are eligible to
compete for cash prizes to be
used toward a unit party at the club.

1ST PLACE FLOAT	\$300
2ND PLACE FLOAT	\$250
3RD PLACE FLOAT	\$150
HONORABLE MENTION	\$50

RIDE A BIKE - ENTER A WAGON -
DECORATE A CAR - KEEP IT SIMPLE

ALL RANKS OFFICERS' CLUB PARTY 5:00 P.M.

MEMBERS \$12.95
NON-MEMBERS \$15.95

SIGN UP FOR MEMBERSHIP AT THE DOOR AND
GET MEMBER PRICE AND BE ENTERED TO
WIN A NEW DVD PLAYER!

CAJUN BUFFET: SHRIMP CREOLE,
CHICKEN GUMBO, SHRIMP JAMBALAYA,
CRAWFISH TASSO, DIRTY RICE, REDBEANS &
RICE, AND KING CAKE

LIVE MUSIC:
ZYDECOZOO BAND

CONTESTS, PRIZES, FORTUNE TELLER

**For Details Call
283-4357**



All Ranks at the Enlisted Club

Free Movie Night

Thurs., Feb. 3
The Incredibles
Rated PG
Movie 6 p.m.

A family of undercover superheroes,
while trying to live the quiet suburban life,
are forced into action to save the world.

Snack Bar Items Include:

Pizza, hot dogs, chili dogs,
nachos, popcorn, candy, & soda
Children age 7 and under eat free.
Youth under age 16 must be accompanied
by an adult. Movies subject to availability.

283-4357

Tyndall Enlisted Club



Feb. 5

Starting at 8 p.m.

Latin dance night is on the first Sat.
of each month

For details call 283-4357

Pizza Pub in the CAC Nascar Race Kickoff Party Feb. 12

Races will be viewed at the Pizza Pub
Prizes for participation will be given
at each event. Must be a current
AETC Club Member to win.

283-3222 for details

Outdoor Recreation

☎ 283-3199

February 6-9 Swim with the Manatees

Cost per person \$245. Journey to Crystal
River, winter home of over 300 gentle
giants. Experience the underwater
sanctuary of a life form fast becoming
extinct. Cost includes 3 night's
accommodations, transportation, 2-day
boat rental, Bonita Bay wet suit (limited
sizes), mask/snorkel fin combo, dry bag,
admission to Homosassa Springs State
Wildlife Park and the Tampa State Fair
admission. A \$50 nonrefundable deposit
will guarantee your space. Trip must be
paid in full 7 days prior to departure. A
mandatory pre-trip meeting will be
scheduled.

ATTENTION! Information Tickets, and Travel

Is now located at the
Community Center

Tickets are available
Tue.-Fri.: 8 a.m.-5 p.m.
Sat.: 11 a.m.-5 p.m.

ITT Can Supply You With:
Discount Movie Tickets
Regional Theme Park Tickets
for more information call:
2853-2499

Travel Agent on Duty:
Mon.-Fri.: 11 a.m.-3 p.m.

The agent can provide
information and book
Airline Flights, Cruises &
Lodging
Call 283-2864

Youth Center

☎ 283-4366

Homeschool Fitness Program

Feb. 1, 8, 15 & 22 at 10:00 a.m.

Open to ages 6 and up. Cost \$30 per
participant or \$50 for two. This month's
featured activity is golf.

Youth Center Baseball & Softball Registration Open Until Feb. 14

All youth ages 5-14 may register. A birth
certificate, shot records, and a current
physical exam (not older than 1 year, as of 1
July, 04) due at time of registration. Skills
evaluation for new players ages 9-12 and
13-14 on Feb. 12. Practice begins Feb.-Mar.
and games begin Mar.-April.

Age Groups	Cost
Coach Pitch.....5-6 yrs	\$25
Machine Pitch.....7-8 yrs	\$30
Minor Majors.....9-10 yrs	\$35
Little Majors.....11-12 yrs	\$40
Dizzy Dean.....13-14 yrs	\$50
Girls Softball...10-12, 13-14 yrs	\$40

Additional \$10 For non-members of Youth Center

Get ready to... Skate Like a Pro

Sign up for Freestyle/Flatland Skateboarding
Learn basic to advanced tricks taught by
former World Freestyle Amateur Champion
and current touring professional
John Leathers. Classes are open to ages 7
and up and the cost is \$20 per session or
\$75 for 4 sessions.

Classes are held at the Youth Center gym
and will include special skate trips
with Team "TNT" and special guest skaters
Program dates and times are as follows:

Jan. 29: 3-5 p.m.

Feb. 12: 3-5 p.m.

Feb. 26: Skatepark Trip

Mar. 12: 10-12 p.m.

Mar. 26: 10-12 p.m.

Call 283-4366
for more information.



FREESTYLE

Super Bowl Feb. 6th at the Pizza Pub

Bldg. 1027 on Louisiana Ave.

Prizes include: 2 XBOX systems, T-shirts, coolers
and hats for Club Members!

**For more information
283-3222 / 283-2814**

Open at 1p.m - Game starts 5 p.m.
One large pizza and a pitcher \$8.50



Intelligence puts puzzle pieces together for AF warfighters

2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

The ability for a pilot to fly into a combat zone knowing what threats are present is vital to mission success, and they rely on intelligence personnel for that information.

Tyndall is where intelligence personnel receive F-15 Eagle-specific training. The four-week course builds upon general intelligence information taught at Goodfellow Air Force Base, Texas.

Here, students learn how to give Eagle drivers a clear picture of the battlefield. It is their job to take large amounts of data from various sources and condense it into a clear and concise briefing for a pilot to easily decipher which threats he may face during a mission.

“One way we inform a pilot about potential threats is the threat of the day briefing,” said Staff. Sgt. Ramon Martinez, 325th Operations Support Squadron Intelligence Flight instructor. “The briefings discuss different weapon systems that could theoretically shoot the pilots down, and the stu-

dents give about six threat briefings a day.”

Although intelligence work is mostly front-loaded, they also have to debrief pilots to learn what happened during a mission, said Tech. Sgt. Treacy Dobbins, 325th OSS Formal Training Unit NCO in charge.

“We need to know of any threats the pilots faced and if they were shot at,” he said. “This information helps us build quality reports to send up through the leadership, which is used to decide if a mission was successful or if changes are necessary.”

To effectively prepare students for debriefings and other operational duties, the instructors purposely designed the course to combine enlisted and officers in one class where they learn the same tasks. The goal is to foster teamwork between the ranks to get the job done efficiently and effectively.

“In the intelligence profession, individuals have to work together, whether they are enlisted or officer, and that’s what we teach here,” said Sergeant Dobbins. “The class is given assignments that are due within a few hours,

and we evaluate how well they work together to get the job done.”

The teamwork experience and the advanced systems knowledge help the students comprehend the specific capabilities of the Eagle and its threats, said Senior Airman Marc Strait, a student from RAF Lakenheath, England.

“When I debriefed pilots or reviewed their heads up display tapes before coming to this course, I would see indications that I didn’t understand,” Airman Strait said. “The ability to focus specifically on the Eagle and how it compares to other systems will be a really big help.”

The students’ tech school training at Goodfellow, combined with the specialized training here, helps build proficient Eagle experts, but many bases still require further training to become mission ready.

According to 1st Lt. Nathan Kempthorne, a student from Langley AFB, Va., his base requires follow-on training called pilot intelligence training certification.

“Intel personnel are required to do near-graduate level study on specific threats and be able to give a half-hour brief on every aspect

as it relates to a pilot,” he said. “Once a person passes seven or eight briefings, then he or she can stand mission ready in front of a group of pilots.”

Overall, the continued training of intelligence personnel is necessary to effectively prepare a pilot for any threat he may face to maintain the perfect kill ratio the Eagle boasts.

This year, the 325th OSS plans to begin F/A-22 Raptor intelli-

gence training to support the Raptor program that is reaching initial operational capability. However, Sergeant Dobbins said the squadron won’t be out of the Eagle training business anytime soon.

“The Eagle is not going to go away for a while, despite its age and projected replacement by the Raptor. As long as bases have the F-15s, the intelligence people will be there to support them.”



2nd Lt. William Powell

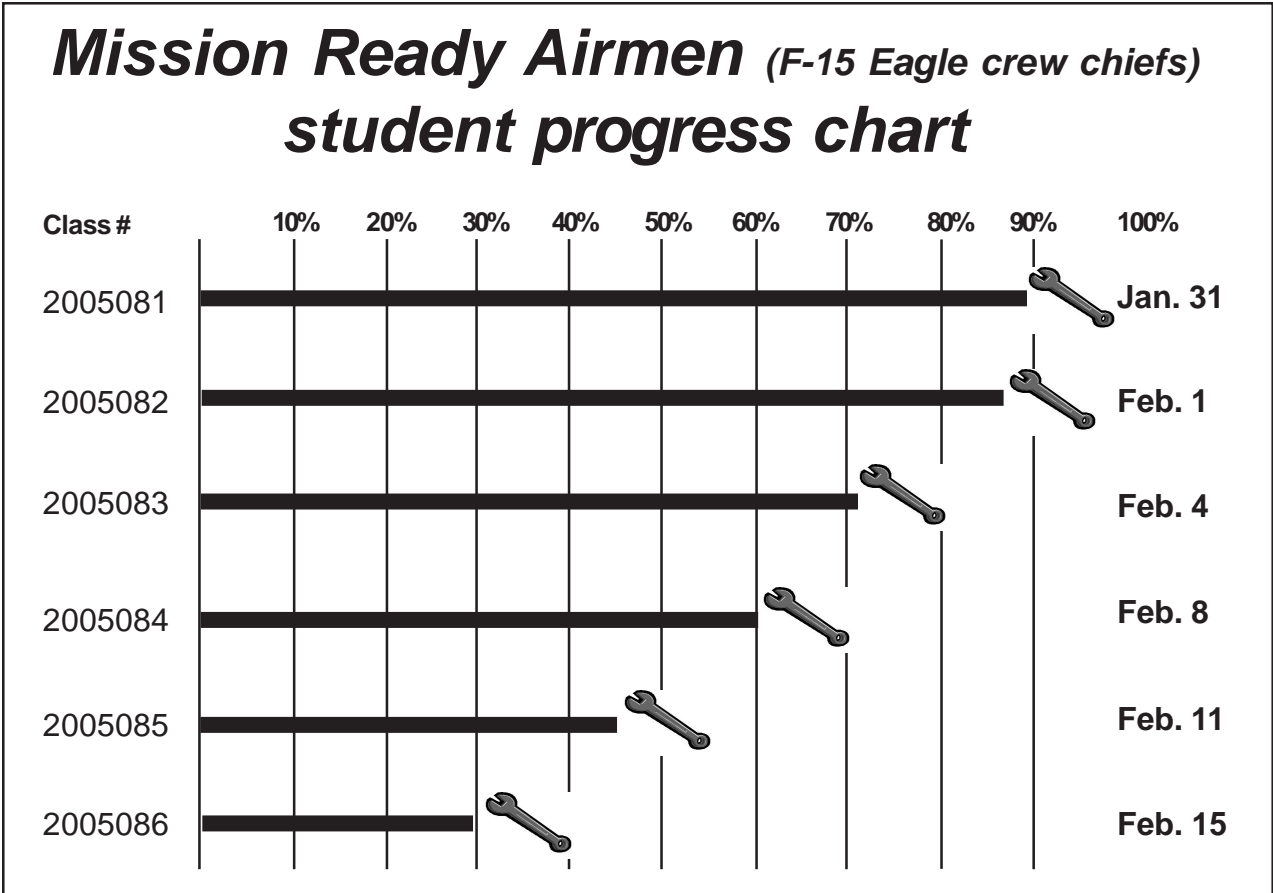
Staff Sergeant Ramon Martinez, 325th Operations Support Squadron Intelligence Flight instructor, explains the switchology of the F-15 Eagle’s flight control stick and throttle to 2nd Lt. Bob Evans and Senior Airman Jane Kim, both students in the squadron’s intelligence training course.



Airman 1st Class Sarah McDowell

Study time

Second Lieutenant Barry McGee, Air Traffic Control student, takes time to study after a day of simulator and on-the-job training.



Tyndall Airman gets taste of AF Honor Guard duties at capitol

2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

While most of the world watched the presidential inauguration on their televisions, one Tyndall Honor Guard member had front row seats. Airman 1st Class Andrew Chase, 325th Contracting Squadron specialist, was hand-selected as the only Air Education and Training Command honor guard representative to assist the Air Force Honor Guard with inauguration and other duties.

Originally scheduled to participate in the inauguration ceremonies, Airman Chase and 14 other honor guard augmentees, were handed free tickets to watch the events after some scheduled duties were canceled. But, his trip to the capitol was not in vain.

“I actually took part in the Secretary of the Air Force’s retirement ceremony Jan. 18, which was the first of its kind,” Airman Chase said. “Honor guard members from base-level, the academy and Air Force-level executed precision drill and rifle sequences. It was great to be part of that historic ceremony.”

Airman Chase also honored deceased service members at Arlington National Cemetery, Va., where

he struggled to stay warm during funeral services, which he says are even more impressive than local funeral services.

“Arlington funerals consist of eight honor guard pallbearers, a seven-member firing party and a flight, who marches with the procession,” he said. “The Tyndall

“Since I’ve been in the service, I’ve gotten to do so many things ... It feels good to get something going for myself, and this was definitely an experience I will never forget.”

AIRMAN 1ST CLASS ANDREW CHASE
325th Contracting Squadron specialist

Honor Guard uses six pallbearers, who also double as the firing party.”

Whether he is participating in local or Arlington funeral services, weddings, parades or retirement ceremonies, Airman Chase exceeds every standard, even the honor guard’s, said Staff Sgt. Sheryl Smith, Tyndall Honor Guard NCO in charge.

“He’s one of the best members of our team,” Sergeant Smith said. “AETC selected him to represent

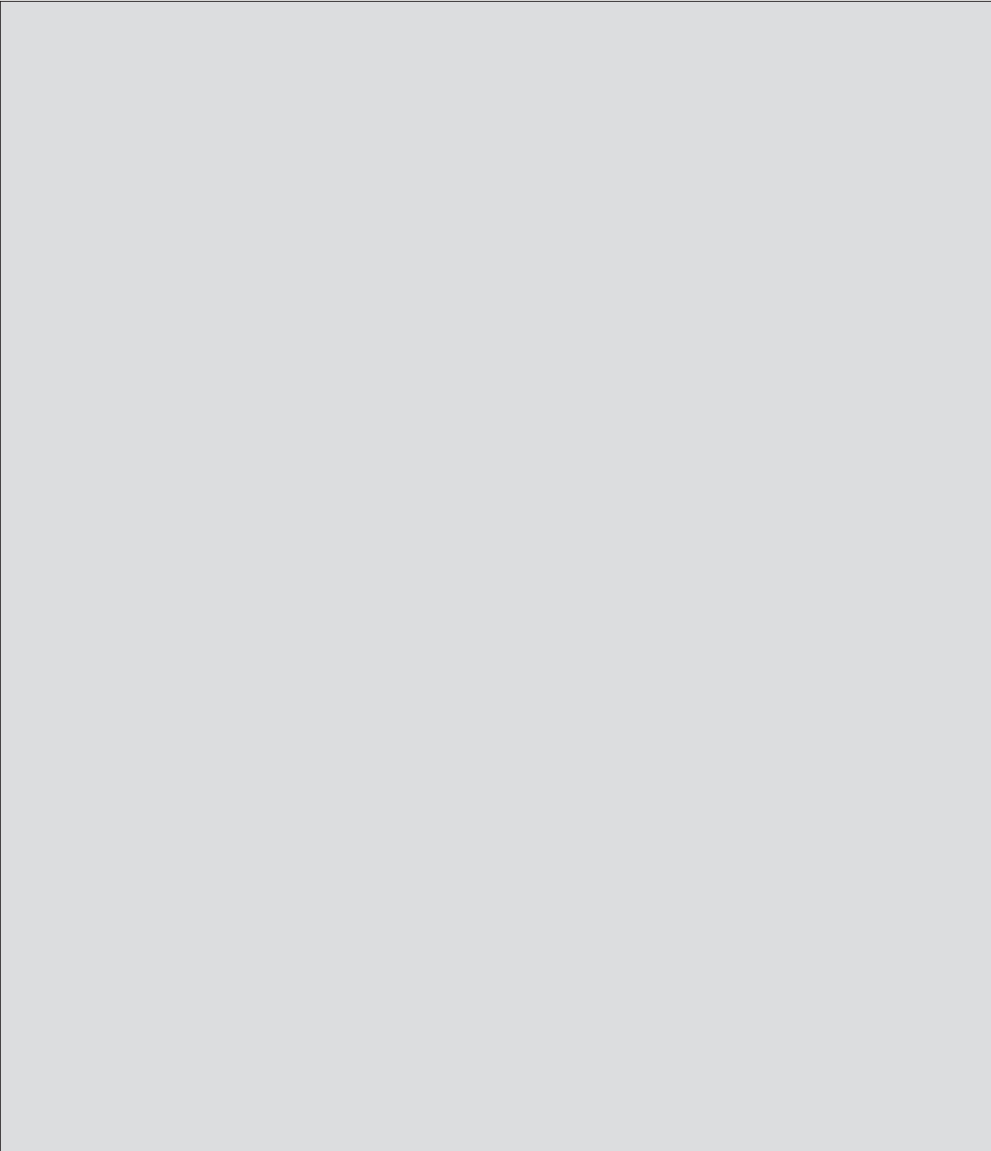
the command out of many possible choices, so they also recognize his skills. He has the skills and talent to make the Air Force Honor Guard team, and I think he’d be great at it.”

The training and experience Airman Chase gained while working with the Air Force Honor Guard will no doubt benefit the training program here, she added.

“He’s been a member of our team for only eight months, but he excelled quickly at learning everything and we wanted to put him in charge of training our team,” Sergeant Smith said. “His experience [in Washington D.C.] just sharpened his skills even more. I can’t wait for him to get back and get started training the flights.”

But for Airman Chase, the trip to D.C. is just another great example of something he would never have thought possible before joining the Air Force nearly two years ago.

“Since I’ve been in the service, I’ve gotten to do so many things that my friends back home wouldn’t ever have the chance to do,” he said. “It feels good to get something going for myself, and this was definitely an experience I will never forget.”



● FROM OIF PAGE 2

people who could not achieve that goal on their own.

In the few days that I have spent here in Iraq I already have experienced the respect and kindness of Iraqi men. Two incidents in particular come to mind when I think of this kindness.

This first incident happened when another Airman and I were driving through a muddy field and got our vehicle stuck.

As at least eight different people walked or drove by and ignored our predicament, two young Iraqi men stopped what they were doing and came over to help the best they could.

Both were wearing dress shoes. They went to the extent of taking them off, rolling up their pant legs and pushing the car with my troop as I put the pedal to the metal.

The four of us spent at least 30 minutes in the cold and mud trying to get it out, until we finally gave up and walked to our office to get the car towed. These two gentlemen may not have been able to fix our problem but they did everything they could to help when we were in need.

He carried a friendly smile the entire time and after handing me my bag extended his hand and said thank you. He actually shook my hand. I realize to some this may not sound like much, but in my 23 years of existence I have never had anyone working at a store shake my hand and say thank you.

“There are those men and women in this far-off country who want to be free, deserve to be free, and with our help can be free!”

STAFF SGT. LINDSEY MAURICE
332nd Air Expeditionary Wing Public Affairs

The second act of kindness was a little simpler, but meant just as much to me.

It happened when I was making a purchase at a small BX trailer on base. As the young Iraqi gentleman behind the counter rang up my purchase I couldn't help but appreciate how kind and courteous he was.

It is incidents like these that make me proud to be a member of the United States Air Force and proud to be part of such an important mission as Operation Iraqi Freedom.

I ask those who question our mission because of the negative things they may have seen and heard to remember these little incidents.

There are those men and women in this far-off country who want to be free, deserve to be free, and with our help can be free!



Airman 1st Class Sarah McDowell

Taking a closer look ...

Senior Airman Carlos Cantoran, F/A-22 Field Training Detachment student, inspects a missile rail on one of Tyndall's Raptors. FTD students spend two and a half months familiarizing themselves with the maintenance aspects of the F/A-22 before becoming dedicated crew chiefs here.

